

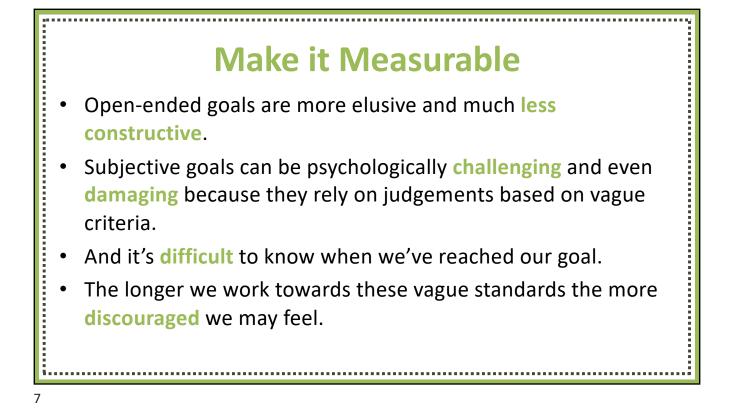
## **Be Specific**

- The more specific you are, the more specific the "Universal Chef" can be in helping you manifest the goal.
- If you go to a restaurant and just tell the waiter you're hungry without being specific about what you want, you can only hope the chef gives you something you like!
- The more specific you are, the more specific the Universal Chef is in **stimulating** the super-conscious mind to produce **anything** for you that you can imagine, plan, strategize, emotionalize and implement into your life!

Make it Measurable

- Making your goals measurable is important because it helps you gauge when you're making progress towards your goal and when you've achieved it.
- It's hard to feel good about your goals or the progress you're making towards them, if it's not clear how to measure whether or not you're making progress.
- On the other hand, when you do see that you're making progress, you feel good about yourself and you're more likely to keep working towards them if you can measure how far you've come.

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- For example, let's say you set the goal: "I will improve my self-esteem."
- How will you know that your self-esteem has improved?
  - Will you be able to accept criticism more easily?
  - Will you cry less?
  - Will you express love for yourself more frequently?
  - Would you judge and/or compare yourself less?
  - You you shop for healthier food more frequently?
  - Would a collection of these be enough or would all of them be necessary?
- Create a measurable criteria for improved self-esteem.

